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The Signs of an Anxiety Attack

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Anxiety attack symptoms are what we typically experience if we feel sudden danger is going to happen.

Anxiety attack can be a very terrifying experience. It is a period of sudden and intense fear or discomfort, typically with an abrupt onset and usually lasting for no more than 10 minutes. Sometimes a person can experience a panic attack all of a sudden without particular reason. Most people that experience one attack will usually experience another attack, and those who have recurring attacks, or feel severe anxiety about having another are said to have panic disorder.

Various individuals report different symptoms during an anxiety attack. Some of the common anxiety attack symptoms are:

Palpitations, a pounding of heart, or an accelerated heart rate

Increased sweating

Trembling or shaking

Shortness of breath

Chest pain or discomfort

Nausea or stomach discomfort

A feeling light-headedness, or faint

A feeling of unreality

Depersonalization or a feeling of being detached from oneself

Fear of losing control or going crazy

Fear of dying

Numbness, or a tingling sensation

Chills

Feeling of impending doom

These are some of the possible anxiety attack symptoms. A normal person may experience one or more of these symptoms from time to time. Having to experience some of these anxiety attack symptoms is considered normal if you have reasonable explanations for them. But if you are experiencing them with no apparent reasons, it can be a sign of a more serious condition.

A person with phobia will usually experience an anxiety attack as a direct result of exposure to the things that trigger the phobia. These anxiety attacks are short-lived and quickly relieved once the trigger is escaped.

Usually an anxiety attack begins with an unusual bodily sensation from the anxiety attack symptoms. A person having an anxiety attack will then react, with fear that the symptoms are indicators of a much more serious threat and in turn reacts with more fear which intensified into a state of intense anxiety and panic. Cases of the possible situations where anxiety attack can occur are: when driving, on an airplane, crowded areas, or during sleep at night. Sometimes anxiety attack occurs in a situation where the person cannot exit easily from a social gathering, or in a meeting, but others may experience an incident of anxiety for no reason while in comfortable place or even

in sleep. Anxiety attack symptoms are more or less the same feelings we might experience if we feel danger is about to happen. They are signs of how we usually react if we are triggered by fear, worry, and concern. But, chill out! Fortunately, anxiety attack is not an illness.

To read about [anxiety attack symptoms](#) and [dog separation anxiety](#), visit the [Health And Nutrition](#) site.

How to cure anxiety attacks and panic attacks with a simple method of self treatment from www.selftherapy.org

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